

## In times of crisis...

At Anthem, we know that life is full of challenges. Sometimes those challenges are ones that can change our lives forever, such as the flooding now affecting Iowa, Illinois, Indiana and Wisconsin. Anthem Employee Assistance Program (EAP) is here for you and your family to provide resources for financial, legal, counseling and emergency assistance as you struggle to regain your physical, emotional and spiritual balance.

### Face-to-face counseling

We understand you and your family may be experiencing some very intense emotions during this time. Anthem EAP's network of licensed counselors are available for face-to-face counseling at no cost to you. These providers are experienced in addressing the psychological needs of adults, children and adolescents. The number of sessions varies depending on your current EAP model.

### Legal and financial consultation

Anthem EAP also provides one no cost legal and financial consultation per issue to assist you in developing a plan of action. Subsequent services are available at a discounted rate.

Our EAP is here to help you no matter how much help you need. If you or another of your household members needs to talk to someone, you can call 24 hours a day, 365 days a year. And when you call us, it's confidential.

Healing takes time – be patient with yourself and ask for help if you need it. You can call Anthem EAP toll free at (800) 865-1044. Or, go to our website at [AnthemEAP.com](http://AnthemEAP.com) and enter your employer's name. We're here to help.

**Get the support you need.**  
**Anthem EAP puts convenient and**  
**confidential resources within reach.**

**(800) 865-1044**  
**[AnthemEAP.com](http://AnthemEAP.com)**  
**Login with your employer's name**

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In most of Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In most of Virginia (serving Virginia excluding the city of Fairfax, the town of Vienna and the area east of State Route 123): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSWI") underwrites or administers the PPO and indemnity policies; Compcare Health Services Insurance Corporation ("Compcare") underwrites or administers the HMO policies; and Compcare and BCBSWI collectively underwrite or administer the POS policies. Independent licensees of the Blue Cross Blue Shield Association. ® ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.